

Healthy Snacks: 2 servings everyday you exercise, fruits & nuts medley

fig bars	dried fruits	strawberries	raspberries
blueberries	papaya	blackberries	raisins
dried apples	pears	pineapple	pretzels

Healthy Fats: 3 or more servings a week. If you're watching your weight, stick to just 3 servings weekly

avocado	olive oil	sunflower seeds	pumpkin seeds
nuts	cashews	almonds	pecans
peanuts	walnuts	olives	canola oil
flaxseed	flaxseed oil	almond butter	

Protein: 2-4 (3 ounce servings daily).

Eat fish 1 or 2 times a week for its healthy omega – 3 fats

Tofu	eggs	chicken	turkey
veal	buffalo	lamb	pork-tenderloin
lean ham	soybeans	fish- oysters	trout
flounder	swordfish	salmon	tuna
crab	shrimp		

Calcium-Rich Foods: 2-3 servings daily

cocoa powder instead of chocolate		
evaporated skim milk	yogurt	low-fat milk
soy milk	cheddar	parmesan
cottage cheese	orange juice	rice-dream
mozz balls	jack	soy products

Antioxidant-rich vegetables: 4-6 servings daily

dark leafy greens		red peppers	tomatoes
broccoli	asparagus	lettuce	carrots
cauliflower	green beans	green peppers	mushrooms
spinach	peas	brussel sprouts	artichoke
cabbage	celery	zucchini	cucumber
onion	beets		

Antioxidant-rich fruits: 3-5 servings daily

berries	blueberries	strawberries	melon
apple	kiwi	mangoes	pineapple
cantaloupe	raisins	grapefruits	papaya
oranges	bananas	peaches	raspberries
blackberries	cherries	lemons	apricots
honey	pears	dates	figs
prunes	pumpkin		

Fruit Juices:

tangerine, apple, pineapple, cranberry, prune, lemon, orange, tomato, grapefruit- you'll get more fiber and other nutrients from whole fruits

Salad Dressing:

balsamic vinegar, olive-oil, salt, pepper (red-white Vinegar)

Crunchy snacks:

pretzels, baked chips, carrot sticks

Spices: coriander, cumin, fennel seed, lemon pepper, dill, cayenne pepper powder, ginger, ground cardamom, ground glove, nutmeg, butter, garlic, tobasco, picante sauce, Bragg's, brown-sugar, apple cider vinegar

Carbohydrates: 8-15 servings daily

at least half should be whole grains and at least 5 weekly servings

pasta	potatoes	yams	pumpkin
white rice	brown rice	oatmeal	corn
bagels	black beans	bread	english muffins

cereals: total, cheerios, corn-flakes

Fluids: 10-12 servings daily: water is best, but if your workout lasts longer than an hour, rehydrate with An eight-ounce sports drink, which contains carbohydrates for energy and electrolytes to maintain Salt balance) fruit juices, seltzer, tea

Water Intake Chart

Divide your body weight in half.

Body Weight 120 lbs / So drink 60 ounces at least a day

8-12 oz. Every 15 min. during exercise

128 oz. = 1 gallon or (10) 12 oz. Glasses

Gatorade is low in sugar and can be used during exercise, Sometimes I mix ½ water with ½ Gatorade it last longer that way!